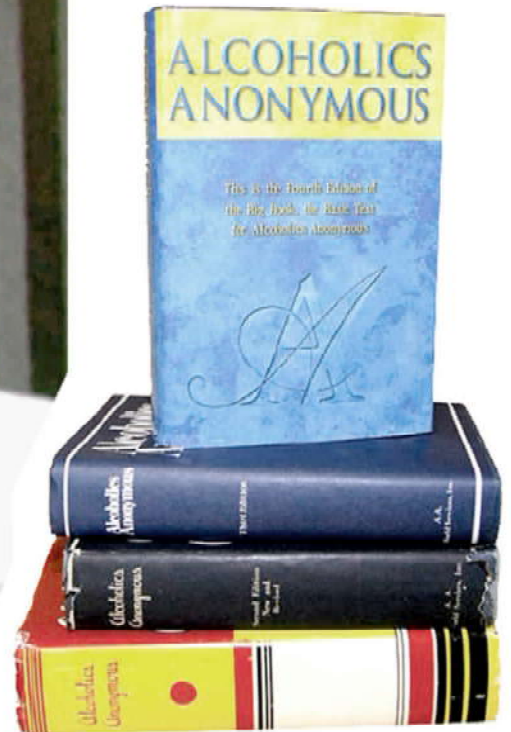


4 Absolutes

Honesty
Purity
Unselfishness
Love



Dr Bob Smith and Bill Wilson - co-founders of AA
drbobshome.com --- steppingstones.org

In 1948, Dr. Bob Smith (AA cofounder) recalled the Absolutes as "**the only yardsticks**" A.A. had in the early days, before the official Twelve Steps.

4 Absolutes & "Alcoholics Anonymous"

"The 4 Absolutes ARE in the Big Book!"

The opposite of HONESTY IS DISHONESTY

The opposite of Honesty Dishonesty

The opposite of Purity Resentment

The opposite of Unselfishness .. Selfishness

The opposite of Love Fear

Step 4 Questions:

Where had we been selfish, dishonest,
self-seeking and frightened ? p67

Step 10 Directions:

Continue to watch for selfishness,
dishonesty, resentment & fear. p84

Step 11 Questions:

Were we resentful, selfish, dishonest
or afraid ? p86

In Cleveland A.A. the 4 Questions were emphasized in actual practice.

Honesty

"Is it true or is it false?"

Purity

"Is it right or is it wrong?"

Unselfishness

"How will this affect the other fellow?"

Love

"Is it ugly or is it beautiful?"

We are instructed to remind ourselves every morning to go through the day asking the following simple questions before speaking or acting.

4 Absolutes in the "24 Hours a Day" book

March 9, 28,

April 8,

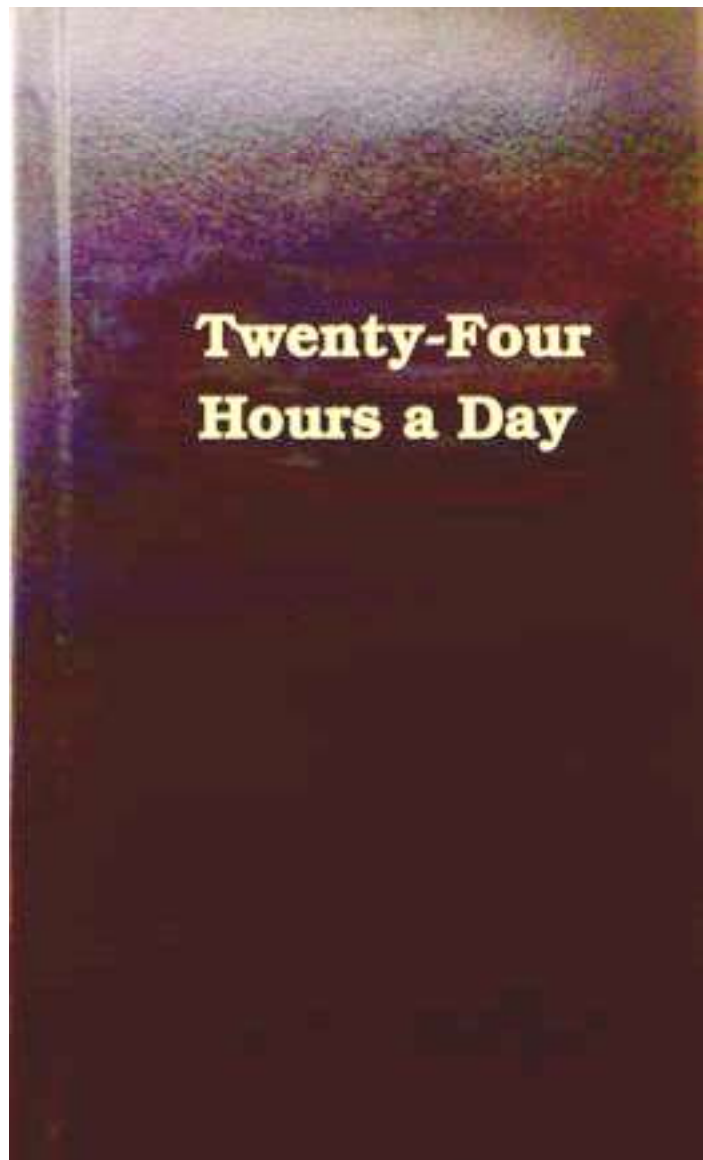
May 15,

June 7,

August 26, 29,

Sept 12, 17, 20,

Oct 27



**We are now living
in "the Sunshine
of the Spirit."**

We conduct a morning "quiet time" to receive guidance from God. The guidance we receive is checked against the "Test for self-will / God's Will" and with our "sharing partners" in order to separate the God thoughts from the self thoughts.

"God's Will"

"Self Will"

| | |
|---------------------|-------------|
| Honesty | Dishonesty |
| Purity | Resentment |
| Unselfishness | Selfishness |
| Love | Fear |

In the evening, we review our day to insure we have carried out the God thoughts, especially those pertaining to helping others and practicing the principles of Honesty, Purity, Unselfishness and Love in all our affairs.

Oxford Group

The **Oxford Group** is where A.A. acquired most of it's program of recovery from.

| Oxford Group | AA |
|---------------------|------------------|
| Surrender | Steps 1, 2, 3 |
| Sharing | Steps 4, 5, 6, 7 |
| Restitution | Steps 8, 9 |
| Guidance | Steps 10, 11, 12 |

The The 4 Absolutes
and the Oxford Group

What is the Oxford Group?

Book online! tinyurl.com/oxford4

The 8 Points Of The Oxford Group

Book online! tinyurl.com/8oxford

Oxford Group

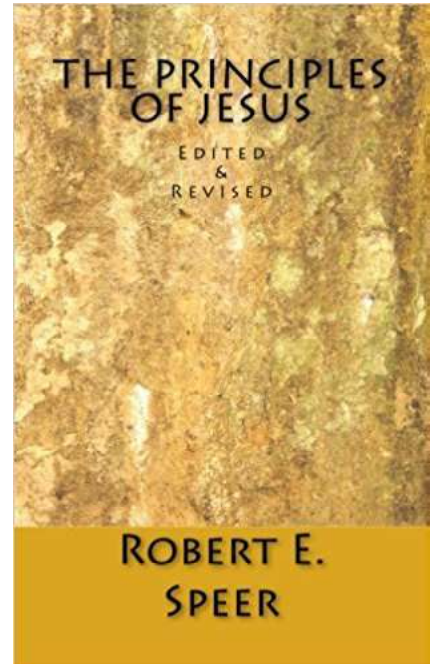
The 4 Absolutes were used by the **Oxford Group** in 3 ways:

1. As a way to take inventory of our past to see where we fell short and in what ways, so that we could learn what areas of our life need to be worked on.
2. During meditation or while being inspired or guided by our Inner Voice, as a way to differentiate between "God" thoughts and human thoughts.
3. As a standard of living, moment by moment.

The Principles of Jesus

The 4 Absolutes are taken from Christ's greatest talk "The Sermon on the Mount" found in Matthew 5:1 - 7:29.

They are the essence of Jesus' teachings about the Will of God, as outlined by Robert E. Speer in his book. (Published 1902)



The Principles of Jesus

Read the Book Here:

tinyurl.com/2dlyj87